JEPATITIS C.... OVERCOMING THE BARIERS Softher,

Pull myself together,
Pull myself together,
Put on a new face
Climb down off the hiltop
Get back in the race
Greek Allman
Greek Allman



ROBERTA RENICKER RN BSN MSA

MISSOURI DEPARTMENT OF HEALTH

& SENIOR SERVICES

Jefferson City, Missouri

Learning Objectives:

- List current treatment options and explore alternative or complimentary approaches to treatment
- Identify treatment challenges for clients in drug and alcohol recovery programs
- Discuss risk reduction strategies
- Learn ways to assist the client to overcome the social stigma of telling people about the disease

Current Treatment Options

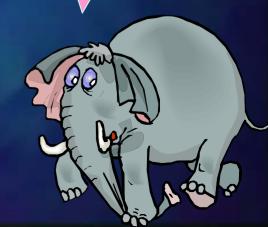
INTERFERON

- Protein that causes body's immune system to attack virus
- Patient is taught self injection
- PEGYLATED INTERFERON
 - Long acting form
- RIBAVIRIN
 - Increases efficacy of Interferon
 - Tablet form
- ALL HAVE MAJOR SIDE EFFECTS

Most Common Side Effects Of Interferon

- Fever, chills, muscle/joint pain, headache, chest pain, shortness of breath
- Fatigue, insomnia
- Nausea, vomiting
- Hair loss, dry itchy skin or rash
- Anxious, irritable, depressed
- Sometimes suicidal ideation
- Sometimes confusion

Like being stepped on by an elephant!



Ways To Help Client Deal With Side Effects

- May want to tell people close to them that treatment may cause mood changes
- Joining a support group may help
- Avoid "triggers" that cause stress
- Learn ways to relax
- Eat healthy, get lots of rest, drink plenty of water
- Avoid too much caffeine, sugar and tobacco

Alternative/Complimentary Approaches to Treatment

- Helps client to cope with side effects of treatment
- May reduce stress and decrease muscle aches
 - Aroma therapy
 - CAUTION: Some essential oils are strong may worsen nausea
 - Massage Therapy
 - Meditation and Visualization
 - Yoga
 - CAUTION: Some exercises may be dangerous if liver is swollen

ALWAYS CONSULT PHYSICIAN FIRST!



Some Alternative Treatments Can Be Dangerous To People with Liver Disease

- Herbs, supplements, "mega" vitamins
 - Liver may not be able to synthesize them
 - "NATURAL" does not mean "SAFE"
 - BEWARE OF SCAMS
 - Internet shopping
 - Promises to "cure"
 - Treatments not available in U.S.
 - Very \$\$\$\$

PLAY IT SAFE... Tell your client to...

- ALWAYS consult the doctor first!
 - It's a mistake to use any treatment, even an alternative without expert advice.
- Consult a qualified practitioner/therapist
- Ask to see his/her education, license, or certification

DEGREE

Treatment Challenges for Clients in Drug and Alcohol Recovery Programs

Self injecting may trigger feelings of "using days" Remind client that...

- Interferon is healing the liver
- Being clean and sober is best thing to stay healthy with hepatitis C
- Encourage client to talk openly about feelings/fears of self-injecting
- Don't skip or change doses
 - Talk to physician first!
- Don't isolate when injecting
 - Be near trusted people

Work with Client to Develop "Risk Reduction Plan"

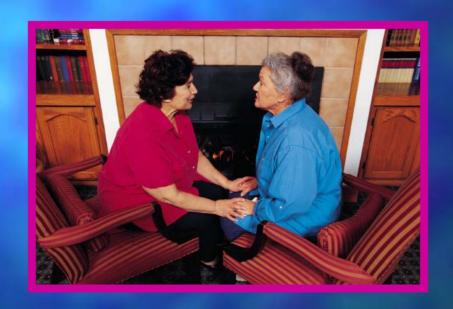
- Identify risk factors unique to this client
 - Strategize to prevent recurrences
 - Discuss ways to prevent transmission
- Encourage screening/testing for other conditions (HBV,HIV, STD'S & TB)
- Inquire into clients willingness to minimize infection
- Discuss any cultural issues/barriers
- Discuss any unsuccessful attempts at risk reduction
- Assist client to identify risk reduction strategies that he/she would be comfortable using (i.e. not reusing needles

Helping the Client to Cope with the Social Stigma of Hepatitis C

- When the client asks you...
 - Should I tell people I have hepatitis C?
 - Why should I tell?
 - Who should I tell?
 - What should I say?
 - When should I tell them?



This may be helpful...



Should I tell people I have hepatitis C?

- If you decide to tell someone, it's okay if you ask them to keep the information private.
- Very personal decision, but....
 - Can make a difference in how you feel and how you cope
 - Can affect relationships

Why Should I Tell?

- People in your life can:
 - Offer Support
 - Help run errands for you
 - Help with childcare when you feel really sick
 - Help with housework, yard work
 - Learn more about the disease
 - Help you to prevent its spread

Who Should I Tell?

- Doctor, nurse, dentist
- Family members
- Friends
- Employer
- Close contacts such as:
 - Sexual partner(s)
 - Needle-sharing partner(s)
 - Roommates(s)
 - These people may want to get tested too!
 - YOU can give THEM emotional support!

What Should I Tell Them?

- How you found out you have hepatitis C
- How the virus is spread
- How it is not spread
- Risk Factors
- A simple blood test can diagnose
- Medication available for treatment
 - Side effects

When Should I Tell Them?

The best time is when YOU are comfortable sharing this information.



Risk Factors for Hepatitis C

- Snorting or injecting drugs
- Recipient of blood, organ transplant before 1992
- Exposure to needle sticks from injected person
- Sharing razors, nail clippers, toothbrushes or any item than can carry blood
- Tattoo needles and body-piercing implements
- Unprotected sexual activity
- Mother/baby transfer (slight risk)
- Vietnam Veterans
- Any exposure to blood

Knowing your ABC's Help the Client to Develop a Personal Risk Inventory —

- A AWARENESS BUILDING
 - Clients participate with education group to identify behaviors which increase their risk
- B BECOME PROACTIVE TO REDUCE RISK
 - Identify actions that can be practiced to reduce risk
- C CONTINUE TO PRACTICE HEALTH BEHAVIORS
- D DEVELOP ACTION PLAN TO CONTINUE HEALTHY BEHAVIORS

Personal Risk Inventory

- Using Hepatitis C Risk Factors:
 - Identify what risk factors apply
 - What the client can do to decrease risk factors
 - Develop Action Plan
 - Develop Follow-up for Compliance

The Epidemic of Hepatitis C...

- 8-10,000 deaths per year
- Death rate from Hepatitis C ---expected to triple in 15-20 years
- Expecting 30,000 deaths by end of this decade

Reference: American Liver Foundation

Missouri Hepatitis C Morbidity

Year 1999

Year 2000

■Year 2001

■Year 2002

2474

4884

8447

5996!



SOME LAST THOUGHTS...

- Currently, Hepatitis is EPIDEMIC in U.S.
- Protect yourself and the one's you love
- Get vaccinated for A and B
- Today's blood supply is safe!
 - Transfusion Risk: 1/120,000 units
 - Risk of death by car accident: 1/10,000
 - Risk of dying in fire/drowning: 1/95,000



Thank you! Any questions?

Roberta Renicker RN BSN MSA **Consultant Community Health Nurse** Mo.Dept. of Health and Senior Services 930 Wildwood Drive Jefferson City, Mo. 65102 1-573-522-6052 renicr@dhss.state.mo.us